This race pack is **PROVISIONAL**. Race information may change between now and the event.

# THE WALES SPORTIVE

# RACE PACK



# THANK YOU.

The Wales Sportive is the only event of its kind in Wales. Hills? Yes, you will have a few (!) but those breathtaking views, unsurpassed crowds, bouncing feed stations, and a finish line that carries you home makes this medal all the more easier to achieve!

***The AWE Team***

**Please ensure that you read the information in this race pack carefully, even if you've raced this event before.**

# IMPORTANT LOCATIONS

> *To make finding where you need to go easier we use **what3words** references that look like this **///filled.count.soap**. To learn more about what3words and how to use it visit: https://what3words.com/products/what3words-app*

## Expo & Registration

**Salterns Car Park, ///races.marathons.fulfilled**

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## All distances Sportive Start

**Salterns Car Park, ///races.marathons.fulfilled**

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# PARKING

## South Beach Car Park

Pay and Display, ///endlessly.lizard.shrub

## North Beach Car Park, Tenby

Pay and Display, ///deploying.fingernails.responses

## Five Arches, Tenby

Pay and Display, ///projects.suits.juniors

## Tenby Train Station

Pay and Display, ///acid.ownership.outdoor

## Carew Castle Car Park

, ///tulip.effort.influence

## Seafront Car Park, Tenby

Pay and Display, ///doses.sedative.roofed

## Greenhill School, Tenby

Card Payments Only, ///coasted.finishes.rebounder

## Regency Car Park, Saundersfoot

Pay and Display, ///bonnet.bandstand.loosens

## Multi-Storey Car Park, Tenby

**Pay and Display, ///repaying.tactical.reception**

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## Harbour Car Park, Saundersfoot

**Pay and Display, ///relegate.resists.somebody**

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## Coppet Hall Car Park, Saundersfoot

**Pay and Display, ///surprise.rationing.tagging**

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# ITINERARY

## Thursday 25th June

🎯 **3pm-8pm** **Registration** 📍 Salterns Car Park ///races.marathons.fulfilled

🎯 **3pm-8pm** **EXPO DISCOUNT DAY** 📍 Salterns Car Park ///races.marathons.fulfilled

## Friday 26th June

🎯 **10am-6pm** **Registration** 📍 Salterns Car Park ///races.marathons.fulfilled

## Saturday 27th June

🎯 **5:00am** **Registration Open (Cyclists prioritized by start time)** 📍 Salterns Car Park ///races.marathons.fulfilled

🎯 **6.30am-7:30am** **LCW & 112, 80 Mile Sportive Start** 📍 Salterns Car Park ///races.marathons.fulfilled

🎯 **8:30am-9:00am** **40 & 20 Mile Sportive Start** 📍 Salterns Car Park ///races.marathons.fulfilled

🎯 **10:30am** **First Bikes Expected Back** 📍 Salterns Car Park ///races.marathons.fulfilled

🎯 **12:00pm-5:00pm** **Recovery Zone / Sports Massage Available** 📍 Salterns Car Park ///races.marathons.fulfilled

🛠️ **5pm** **Overall Cut Off** 📍 Salterns Car Park ///races.marathons.fulfilled

# REGISTRATION

> ***Don't forget your photo ID:*** *Without photo ID you will not be able to register. You CANNOT register on someone else's behalf.*

## At registration you will receive:

**1** X Bib number for your back

**1** X Number for the front of your bike (cable ties will be provided)

**1** X Timing chip which is to go on the LEFT side of your DRY helmet

**3** X Helmet stickers, one for each side and the front of your helmet

> ***Entries are non-transferable at registration.*** *If you have not followed the correct steps to transfer your entry to another person (deadline prior to the event), they will be unable to race. If another athlete takes part with your details, you will both be disqualified and banned from all future AWE events.*

# STAYING SAFE

More information for this will be given once we know more about the courses.

# MARSHALS

**Please be advised all marshals are volunteering their time for free and without their assistance we would not be able to put the race on. Please respect marshals. Any abusive behaviour or language will result in immediate disqualification.**

It is your responsibility to know the route and to ensure your own safety on course. Marshals are there purely for reference and directional purposes and are not permitted to stop traffic.

# TIMING & RACE NUMBERS

## Timing Chips

You will receive your timing chip at registration. Please attach your timing chip to the **LEFT-HAND** side of your **DRY** helmet. **Do NOT** stick your chip to the foam, reflective strips or transfers as it will not work.

## Fitting the UHF Helmet Tag

The UHF helmet tag is used to time your cycle ride and is supplied as a self-adhesive label on a protective backing strip. You will only get one so please read the instructions below carefully before attaching it to your cycle helmet.

1. Before you attach the helmet tag, take a moment to check that the number printed on the tag is the same as the race number you have been issued.

2. The helmet tag should be attached to the LEFT-HAND SIDE of the dry helmet only as illustrated

3. The tag should be positioned as close to horizontal as possible when the helmet is on the head.

4. Peel off the protective backing and position the tag on the suitable part of the helmet.

# WAVES

The Sportive start is self-ranking. All Athletes will start coming back through the finish line and will be set off in intervals. Faster Cyclists should position themselves at the front and slower cyclists at the back.

# THE COURSE

## 112m Bike Course -

**112M COURSE -**

LAPS **1**

> *All course cut-off times can be found in the event itinerary.*

## 80m Bike Course - 80m

**80M COURSE - 80M**

LAPS **1**

> *All course cut-off times can be found in the event itinerary.*

## 40m Bike Course - 40m

**40M BIKE COURSE - 40M**

LAPS **1**

> *All course cut-off times can be found in the event itinerary.*

## 20m Bike Course - 20m

**20M COURSE - 20M**

LAPS **1**

> *All course cut-off times can be found in the event itinerary.*

> *Courses are comprehensively marshalled and signed with black arrows on a fluorescent background*

## FEED STATIONS

More information for this will be given once we know more about the courses.

# RULES

> *It is your responsibility as a competitor to know ALL the rules. Ignorance is no defence.*

- Bikes must be road worthy. They will be checked going into the Start Pen and athletes will not be allowed to start if tyres, brakes or any other part of athletes' equipment is deemed faulty. A puncture repair kit must be carried by ALL athletes.
- There will be NO drafting in the event, due to open roads.  Anyone drafting will be penalised.
- Security Pens have been installed on the course this year. Any athletes who have not entered the event will be removed from the road and held until the end of the event.
- Some sections on the course are open. Throughout these sections, please do not ride more than 2 abreast.
- Helmets must be worn and fastened at all times.
- There will be 3 feed stations on course for the 112 mile bike, 2 feed stations for the 80 mile bike, 1 for the 40 mile and no feed stations for the 20 mile bike. You are expected to fuel yourself for the event and should have 2 full water bottles at the start line.
- Marshals are there for reference points only.
- The course will be on open roads.
- Crossing points are in place on the course and bikes will be held to allow traffic to pass at certain times on the course.
- Any abuse of officials, locals or fellow competitors will result in an instant DQ.
- Any littering during the weekend will result in a DQ from all events.
- Event Organisers reserve the right to issue penalties and DQ as they see fit.
- Cut-offs will be enforced at advertised times. All athletes must then head to the finish line or return home on the sweep vehicle.
- It is advised to carry a mobile phone with you at all times should you need assistance on the course.
- At the finish, any rider who is riding too fast and ignores the marshal’s advice to slow down or is riding dangerously will be DQ. Cut-offs will be enforced at advertised times.
- It is your responsibility to know the route. Failure to follow the route will result in a DQ.

## TT BARS / AERO BARS / TRI BARS ARE ALLOWED

**NO DRAFTING IN THE EVENT IF YOU ARE RIDING WITH A TT BIKE OR TRI BARS.**

**NO RIDERS MORE THAN 2 ABREAST.**

## PENALTIES

> *It is your responsibility as a competitor to know to be aware of the penalties for not following the rules.*

## RESULTS & AWARDS

### Award Categories

## FAQ

**If there's something you need to know that isn't covered in this race pack head over to our Frequently Asked Questions page by clicking the link below.**

**Frequently Asked Questions**

# OTHER INFORMATION

## Cut Offs

Cut-offs are in place for athlete safety and marshal welfare. More timings for cut offs will be released closer to the event.

If you miss a cutoff, you will not be able to go down the red carpet and will be given your medal before the carpet.

## Important Information

Your tag will not work if placed on carbon fibre. If you have a carbon fibre helmet or the part of your helmet that you are attaching the tag to is made of carbon fibre, you will need to report to registration to obtain a seat label.

**NEVER** stick the tag directly onto your bike frame, handlebars, forks, seat posts or components. Your tag will not work as these parts are either made of metal or carbon fiber.

**If there are any incidents on the course that enforce a route change, cut offs will be adjusted accordingly.**

**ALL ATHLETES MUST WRITE YOUR RACE NUMBERS ON YOUR GELS. RANDOM CHECKS WILL BE IN OPERATION AT THE START LINE.**

## Junior Cyclists

**RIDERS UNDER 16 MUST BE ACCOMPANIED BY AN ADULT ENTERED INTO THE EVENT OR IT WILL BE ASSUMED THEY ARE FIT AND CAPABLE OF COMPLETING THE DISTANCE**

# LOST PROPERTY

Any lost property that has been found will be returned to our HQ. Please contact us after the event to retrieve any items. Local collection will be available or P&P (postage fees will apply).

Property will be kept for 7 days and if not claimed, will be disposed of.